

## Prova 28

## Masc., 400m Lliure

 Open  
 Resultats

26/1/2025 - 18:06

Rècord d'Espanya	3:47.29	, CARLOS GARACH BENITO	Palma de Mallorca	22/6/2024
Rècord de Catalunya	3:50.46	, FERRAN JULIA TOUS	Palma de Mallorca	22/6/2024
Circuit Català de Trofeus	3:51.86	DURAN NAVIA, Miguel	ESP BARCELONA	15/2/2020

Punts: AQUA 2025

Classificació	ANY		Temps		Pts
1. PARRA ESTRADÉ, Arnau	07	C.N. Sabadell	<b>4:02.03</b>	751	
50m: 28.63 28.63	150m: 1:29.98 30.93	250m: 2:31.40 30.54	350m: 3:33.31 30.71		
100m: 59.05 30.42	200m: 2:00.86 30.88	300m: 3:02.60 31.20	400m: 4:02.03 28.72		
2. PUJOL BELMONTE, Guillem	97	C.N. Mataró	<b>4:02.80</b>	744	
50m: 28.37 28.37	150m: 1:30.06 31.01	250m: 2:31.48 30.62	350m: 3:33.07 30.28		
100m: 59.05 30.68	200m: 2:00.86 30.80	300m: 3:02.79 31.31	400m: 4:02.80 29.73		
3. SANCHEZ GONZALEZ, Marcos	04	C.N. Sabadell	<b>4:05.94</b>	716	
50m: 28.23 28.23	150m: 1:29.45 30.88	250m: 2:31.90 31.11	350m: 3:34.81 31.69		
100m: 58.57 30.34	200m: 2:00.79 31.34	300m: 3:03.12 31.22	400m: 4:05.94 31.13		
4. ESCRITS MAÑOSA, Lluís	01	C.N. Granollers	<b>4:06.45</b>	712	
50m: 28.84 28.84	150m: 1:31.85 31.80	250m: 2:35.30 31.32	350m: 3:37.07 30.77		
100m: 1:00.05 31.21	200m: 2:03.98 32.13	300m: 3:06.30 31.00	400m: 4:06.45 29.38		
5. JIMÉNEZ RÍSQUEZ, Alex	06	C.N. Sabadell	<b>4:08.89</b>	691	
50m: 28.68 28.68	150m: 1:30.55 30.89	250m: 2:33.58 31.56	350m: 3:37.93 32.12		
100m: 59.66 30.98	200m: 2:02.02 31.47	300m: 3:05.81 32.23	400m: 4:08.89 30.96		
6. CASALS MAS, Èric	06	C.N. VIC-Etb	<b>4:12.32</b>	663	
50m: 28.82 28.82	150m: 1:32.00 31.75	250m: 2:37.07 32.74	350m: 3:41.90 32.03		
100m: 1:00.25 31.43	200m: 2:04.33 32.33	300m: 3:09.87 32.80	400m: 4:12.32 30.42		
7. CASTEJON RAMIREZ, Alex	98	C.N. Sabadell	<b>4:12.64</b>	660	
50m: 28.33 28.33	150m: 1:31.88 32.15	250m: 2:37.30 32.50	350m: 3:42.44 32.59		
100m: 59.73 31.40	200m: 2:04.80 32.92	300m: 3:09.85 32.55	400m: 4:12.64 30.20		
8. YEGRES COTTIN, Andres	02	C.N. Barcelona	<b>4:12.80</b>	659	
50m: 28.65 28.65	150m: 1:31.75 31.87	250m: 2:35.94 32.40	350m: 3:41.62 33.18		
100m: 59.88 31.23	200m: 2:03.54 31.79	300m: 3:08.44 32.50	400m: 4:12.80 31.18		
9. GASOL GUTIERREZ, Biel	08	C.N. Granollers	<b>4:13.04</b>	657	
50m: 29.39 29.39	150m: 1:32.59 32.08	250m: 2:37.54 32.34	350m: 3:42.19 32.04		
100m: 1:00.51 31.12	200m: 2:05.20 32.61	300m: 3:10.15 32.61	400m: 4:13.04 30.85		
10. ROURA CLEMENTE, Marc	07	GEiEG	<b>4:14.83</b>	644	
50m: 29.79 29.79	150m: 1:34.12 32.61	250m: 2:39.15 32.28	350m: 3:43.88 31.99		
100m: 1:01.51 31.72	200m: 2:06.87 32.75	300m: 3:11.89 32.74	400m: 4:14.83 30.95		
11. NEVADO RUIZ, Hugo	08	C.N. Sabadell	<b>4:17.41</b>	624	
50m: 29.00 29.00	150m: 1:34.09 32.87	250m: 2:40.12 33.06	350m: 3:46.36 33.20		
100m: 1:01.22 32.22	200m: 2:07.06 32.97	300m: 3:13.16 33.04	400m: 4:17.41 31.05		
12. CASAS FERRER, Lluís	08	C.N. VIC-Etb	<b>4:18.66</b>	615	
50m: 30.03 30.03	150m: 1:36.81 34.06	250m: 2:43.80 33.06	350m: 3:48.29 31.94		
100m: 1:02.75 32.72	200m: 2:10.74 33.93	300m: 3:16.35 32.55	400m: 4:18.66 30.37		
MORA LOPEZ, Pol	06	C.N. VIC-Etb	<b>4:18.66</b>	615	
50m: 29.52 29.52	150m: 1:34.57 32.84	250m: 2:40.45 32.77	350m: 3:46.89 32.90		
100m: 1:01.73 32.21	200m: 2:07.68 33.11	300m: 3:13.99 33.54	400m: 4:18.66 31.77		
14. REDONDO SORIA, Iker	06	C.N. Granollers	<b>4:20.03</b>	606	
50m: 30.23 30.23	150m: 1:34.86 32.43	250m: 2:39.70 32.62	350m: 3:47.03 33.75		
100m: 1:02.43 32.20	200m: 2:07.08 32.22	300m: 3:13.28 33.58	400m: 4:20.03 33.00		

Piscina 50mts i cronometratge automàtic

## Prova 28, Masc., 400m Lliure, Open

Classificació	ANY						Temps	Pts
15. GARETA CASAS, Pol	98	C.N. Atl Barceloneta				<b>4:22.44</b>	589	
50m: 29.52 29.52	150m: 1:34.76	33.00	250m: 2:41.64	33.71	350m: 3:50.02	34.39		
100m: 1:01.76 32.24	200m: 2:07.93	33.17	300m: 3:15.63	33.99	400m: 4:22.44	32.42		
16. RIERA GARCIA, Pablo	04	C.E.N. Cabrera De Mar				<b>4:24.34</b>	577	
50m: 29.56 29.56	150m: 1:36.07	33.60	250m: 2:43.91	33.50	350m: 3:51.12	33.80		
100m: 1:02.47 32.91	200m: 2:10.41	34.34	300m: 3:17.32	33.41	400m: 4:24.34	33.22		
17. BASANTA MORALES, Gael	09	C.N. Sant Feliu				<b>4:24.90</b>	573	
50m: 30.92 30.92	150m: 1:37.90	33.77	250m: 2:45.41	33.37	350m: 3:52.62	33.40		
100m: 1:04.13 33.21	200m: 2:12.04	34.14	300m: 3:19.22	33.81	400m: 4:24.90	32.28		
18. SAMBRUNO SAEZ, Fabio	09	C.N. Granollers				<b>4:27.34</b>	557	
50m: 30.43 30.43	150m: 1:37.53	33.62	250m: 2:44.93	33.65	350m: 3:53.65	34.67		
100m: 1:03.91 33.48	200m: 2:11.28	33.75	300m: 3:18.98	34.05	400m: 4:27.34	33.69		
19. ARNAU LINARES, Joel	09	C.N. Terrassa				<b>4:28.24</b>	552	
50m: 29.57 29.57	150m: 1:37.44	34.35	250m: 2:46.85	34.35	350m: 3:55.20	33.89		
100m: 1:03.09 33.52	200m: 2:12.50	35.06	300m: 3:21.31	34.46	400m: 4:28.24	33.04		
20. MARTINEZ QUINTERO, Cesar Alfonso	05	C.N. Barcelona				<b>4:30.34</b>	539	
50m: 30.41 30.41	150m: 1:36.21	33.20	250m: 2:45.33	34.89	350m: 3:55.53	35.27		
100m: 1:03.01 32.60	200m: 2:10.44	34.23	300m: 3:20.26	34.93	400m: 4:30.34	34.81		
21. FIORI PORTA, Marc	05	C.N. Mataró				<b>4:31.74</b>	531	
50m: 31.37 31.37	150m: 1:38.98	34.09	250m: 2:46.82	33.60	350m: 3:56.96	35.69		
100m: 1:04.89 33.52	200m: 2:13.22	34.24	300m: 3:21.27	34.45	400m: 4:31.74	34.78		
22. HOEK LE GUENEDAL, Luca	08	C.N. Sitges				<b>5:00.06</b>	394	
<i>MME MMC 17 ANYS PARCIAL 100 METRES</i>								
50m: 23.38 23.38	150m: 1:44.62	54.85	250m: 3:02.01	38.77	350m: 4:20.85	39.51		
100m: 49.77 26.39	200m: 2:23.24	38.62	300m: 3:41.34	39.33	400m: 5:00.06	39.21		
BX FERNANDEZ SIMO, Eric	05	C.N. Granollers						
BX VILASECA MARTIN, Jan	07	C.N. Terrassa						